

ABSTRACT OF THE DISCLOSURE

There is disclosed a recording method for performing a DSV control while recording a recording signal generated by inserting a synchronous signal for decoding reproduction data into every predetermined number of code words in a code word string satisfying a predetermined run length restriction rule and to be outputted into a recording medium, when a plurality of coding tables are used to convert an input data word of p-bits to a code word of q-bits ($q > p$), and the code word string obtained by directly coupling the code words is recorded and reproduced in a recording medium such as an optical disk and magnetic disk, or transmitted via a transmitting portion, wherein the p-bits are 8 bits, the q-bits are 15 bits, and the predetermined run length restriction rule stipulates that a minimum run length of the signal obtained by NRZI-converting the code word excluding the synchronous signal is 3T, and a maximum run length is any one of 11T, 12T, 13T, and 14T.